

Names: _____

Nutrition and Cost Analysis

Fresh Ingredients:	Cost per 1 unit	1 unit size	Units per recipe	Cost per recipe	Time: Prep + Cooking
3 chopped medium tomatoes					
1/2 chopped green bell pepper					
1 onion, diced					
1/4 cup minced fresh cilantro					
Juice from 1 lime					
½ fresh jalapeno pepper, chopped					
1/2 teaspoon ground cumin					
1/2 teaspoon salt					
1/2 teaspoon ground black pepper					
Totals:					
Canned Ingredients:	Cost per 1 unit	1 unit size	Units per recipe	Cost per recipe	Time: Prep + Cooking
1 can diced tomatoes					
½ c green peppers, frozen					
1 c onion, frozen					
8 teaspoons dried cilantro	\$3.94	50 tsp	0.16	\$0.63	
2 tablespoons bottled lime juice					
4 teaspoons jalapeno pepper, canned	\$0.68	4 oz	.083	\$0.07	
1/2 teaspoon ground cumin					

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1/2 teaspoon salt					
1/2 teaspoon ground black pepper					
Totals:					
Store-Bought Salsa:	Cost per 1 unit	1 unit size	Units per recipe	Cost per recipe	Time: Prep + Cooking
1 Bottle "Italian Rose" Fresh Salsa	\$9.97	48 oz	1		

Fresh produce prices from <http://www.ams.usda.gov/mnreports/fvwretail.pdf>

Vegetable Salsa completely from scratch	Vegetable Salsa with canned vegetables	Commercial (canned) Salsa
Cost:	Cost:	Cost:
Time:	Time:	Time:

Comparing Nutrition: